

The HAWC Herald

Health and Wellness Center 2690 C St, Bldg 571 (Area B) in the Wright-Field Fitness Center
Wright-Patterson AFB OH 45433-5350 Telephone: (937) 904-WELL



Wellness is an Attitude!

www.AFMCWellness.com

Make your health a priority and visit the AFMC Wellness Support Center website often. **This site is for Active Duty and DoD Civilian employees.** It is a great place to

learn, get motivated, and stay focused on your health & wellness goals. It features online tools that will connect you to resources in all wellness dimensions including physical, social, emotional, and spiritual. The updated incentive program for FY13 offers recognition and prizes to participants who earn points from classes and screenings, completing a health risk appraisal (HRA), and logging their fitness activities.

Check it out today!

Complete your HRA in 4 easy steps!

(DoD Civilians & Active Duty Military)

Step 1: Go to www.AFMCWellness.com - choose Civilian or AD.

Step 2: Log on with your user ID and password (if you have forgotten, click on "Forgot ID/Password"). **If this is your first visit please "Create an Account" – you will be asked some preliminary questions and then can create by selecting your own login ID and password.*

Step 3: Civilians will be prompted to complete the wellness profile/HRA immediately. AD will need to look under the Health Assessments tab and click on "complete a wellness profile". Click on "Take the Assessment Now" and answer all of the questions (takes approximately 10 min).

Step 4: Return to the home page and print the "Wellness Profile Certificate" under the Health Assessments tab.

Incentive prize awarded upon completion - bring certificate to the CHPS office.

Since 2006, AFMC Civilians have been authorized to use up to three hours per week of duty time to pursue fitness and wellness activities. Wellness activities subject to the excused absence include those offered by: **CHPS, HAWC, EAP, and the A&FRC.** Forms are available at the CHPS office or online at the AFMC Wellness Support Center.

FREE BOD POD Body Fat Measurement

For Tricare Beneficiaries, BOD POD measurements are offered on Tuesday's from 0800-1200, on space available, at the Health and Wellness Center (HAWC). Please call to schedule an appt.



For DoD Civilians, please see CHPS schedule on page 4 for more information.

Class Policy

HAWC:

Classes are open to Active Duty, Reservists, Guard, retired military and their dependents, and base civilian employees. Contract and retired civil service employees may attend on a space-available basis. Class sizes are limited and **all classes are first come, first served.**

CHPS:

Classes are open to all. Lighten Up! Weight management series requires registration. No registration required for all other classes. Class sizes are limited and are first come, first served. All classes can be offered at your office location as well. The CHPS schedule is subject to change, so please check online at www.AFMCWellness.com for the most up-to-date listing.

HAWC Herald and information located here:

<http://www.wpafb.af.mil/library/factsheets/factsheet.asp?id=9393> or
<http://www.wpafb.af.mil/units/wpmc/index.asp>

HAWC Classes



Stress Management

Jan 16/Feb 13/Mar 13

11:00-12:00, HAWC

Classroom #4 Stress getting you down? Learn some new techniques to manage it. Bring your bag lunch and learn how to reduce your stress in 2013!

Practical Nutrition

Jan 7/Feb 8/Mar 8, 0900-1000, HAWC Classrm #3

Nutrition 101. Come learn how to nourish the body with food to provide energy and maintain health.

Lose the Body Fat

Jan 11/Feb 11/Mar 11, 0900-1000, HAWC Classrm #3

Are you frustrated with your attempts at dropping body fat? Do you feel like you're doing all the right things without seeing results? Don't give up. Weight management is not a calorie-counting equation. Learn tips for losing body fat!

Starting an Exercise Program

Jan 8/Feb 5/Mar 5, 1300-1400 Classroom #3

Designed for the novice, this class will help you determine which aspects of fitness training you should include in your exercise regimen to best fit your needs. Great for the Civilian Fitness Program!

Strength Training for the Beginner

Jan 15/Feb 11 /Mar 11, 1300-1400 Classroom #3

Learn about specific exercises that should be included in a strength training routine, along with exercise training techniques that improve strength and reduce injury.

Training the Body's Core Musculature

Jan 29/Feb 19/Mar 18, 1300-1400 Classroom # 3.

Learn various training methods and importance of training the body's core muscles (muscles of the trunk) for athletics and overall fitness.

Tobacco Cessation

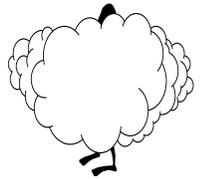
Stop smoking or chewing tobacco for good! It's never been easier to quit.

Jan 9, 15 & 23 in HAWC Classroom #3

Feb 6, and 20 in HAWC Classroom #3.

Mar 6, and 20 in HAWC Classroom #3

All the Tobacco Cessation classes are 1 session 1100-1300. Registration is not required, "first come, first served". Call 904-9355 (WELL) for more information or contact Jorie Hanson at 904-9362 for questions.



DoD Civilian Employees can still get free CHANTIX™ after they attend the Tobacco Cessation Class.

Classes don't fit your schedule? Call the American Lung Association quit line at 1-800-548-8252 and speak to a counselor, request a completion certificate then call Occupational Medicine at 255-4809/904-8432 for an appointment and further instructions.



Active Duty Only

How to Train for the AF PT Test

Jan 17/Feb 14/Mar 14, 1400-1530 Classroom #4

Special class for our military members

Worried about your lackluster fitness test score? Get ahead of the curve – don't risk the consequences of failure on the AF fitness test. Many changes may make "passing" scores harder to achieve. Learn various training methods and techniques to improve your chances of success! Come dressed and ready for lecture and practical instruction.

BE WELL Program

Every Tuesday 0830-1200, HAWC Classroom #3.

Note: **Members must** bring completed AF Form 108 to BE WELL classes.

Program includes 5-day, 2-month, 3-month, 4.5 month, AND 6-month website visits.



Duty Limiting Condition (DLC) Classes For AD members that require a 422, meet Wednesdays 0800-0900/HAWC Classroom #4.

Looking for your completed 422?

Individuals can access their profile by following the steps below:

Log onto the Air Force Portal

<https://asims.afms.mil/imr/MyIMR.aspx>

Scroll down to Featured Links box

Click on the + next to Fitness & Health

Click on Medical Readiness-Deployment Health

Click on MyIMR

Scroll down and click on AF422a or AF469 and that will allow you to view and print your own profile.

Pregnancy DLC

Jan 28/Feb 25/Mar 25, 0900-1030 HAWC ClassRm #3.

Mandatory for all AD members with pregnancy profile and who require an AF Form 422 that limits participation in squadron/unit PT and the AF Fitness test. Members should bring their AF Form 469 to class for review.

IAW AFI 36-2905, **PT Leaders** must have a passing fitness test score and current CPR certification before being allowed to attend and register for these fitness related courses. You will need to bring proof of current CPR with you at class time.

Unit Physical Training Leader Course

Jan 10/Feb 7/Mar 7, 0800-1630 HAWC Classroom #3.

This 7 hour training is for members who will be leading unit fitness sessions **NOT for administering fitness test. MUST wear PT gear.**

Unit PTL must attend a refresher course annually.

PTL Tester Training (class conducted by FAC)

Jan 17/Feb 14/Mar 14 from 0745-0945 in HAWC Classroom #3.

This course is a mandatory course for those who will be serving as test administrators for WPAFBs' official testing program, or those who will be conducting nonofficial diagnostic tests in their unit. This course teaches proper technique for push-ups, crunches, measuring abdominal circumference, AF run or walk test and tabulating the final score. This course is taught by 88 FSS FAC chief. **MUST wear PT gear.** PTL Tester must attend a refresher course annually.

UFPM Training Course Jan 17/Feb 14/Mar x, 10:00-12:00 HAWC Classroom # 3.

This training is a required course for those members who will serve as their Unit fitness Program Manager (UFPM) and will train members on FA policies and metrics. **This course is taught by 88 FSS FAC chief.**

UFPM Corner

After training, new UFPMs must contact Mr. Jeff Hickel (FAC chief at 904-9399) to get access to FA scheduler and AFFMS. BRING copy of UFPM appointment letter before access can be granted.

PTL Refresher Course

Jan 03/Feb 21/Mar 21, 0800-1030 HAWC Classroom#3.

This fulfills annual refresher training required for PTL's. **Wear uniform of the day**

PTL Tester Refresher (class conducted by FAC)

Jan 03/Feb 21/Mar 21 from 1030-1130 in HAWC Classroom #3.

This fulfills annual refresher training required for PTL tester's. **Wear uniform of the day**



Health and Wellness Center Staff

- Michael Papio MS, RN -- Health Promotion Manager
- James Schlub Ph.D. -- Fitness Program Manager
- Heidi Greenhorn, MS, RD, LD – Dietitian
- Katy Mee, MS, RN – Health Fitness Specialist
- Jorie Hanson, BS – Health Educator
- Salvador Gutierrez, SSgt—HAWC NCOIC



Civilian Health

Promotion Services

Bldg 571(B) Wright Field Fitness Center (WFFC), Room 143
Phone: 937-904-9359

CHPSWrightPatterson@foh.hhs.gov

- **Health Promotion Coordinator:** Katie Doyle, MS, CWWS
- **Health Promotion Specialists:** Barbara Cox, Christina Hill, Kris Lowman, Kathleen Voelker

Class Location Key:

Area A: Bldg 262 - HQ AFMC, Near Gate 12A
 Bldg 2 – Personnel & Family Svcs, Allbrook Rd
 Bldg 10 – 88 ABW HQ, Corner of Pearson & Wright

Area B: Bldg 50 – Education & Training, Corner of Fifth & G
 Bldg 571 – Wright Field Fitness Center, C Street



BOD POD TESTING FOR CIVILIANS – BODY FAT MEASUREMENTS NOW AVAILABLE

For initial measurement, complete **“Benefits of Exercise”**

25 JAN / 1130-1230 / Bldg 10 #228 Morris C/R

22 FEB / 3-4pm / Bldg 571 Rm #4

26 MAR / 1130-1230 / Bldg 10 #228 Morris C/R

According to the U.S. Dept. HHS, millions of Americans suffer from chronic illnesses that can be prevented or improved through regular physical activity. This class will explain the general benefits and types of regular activity, provide guidelines on starting an exercise program, and discuss lifestyle changes.

For 6 month re-test, complete **“Eating Well in a Busy World”**

25 JAN / 1130-1230 / Bldg 571 Rm #4

25 FEB / 3-4pm / Bldg 266 Rm #N132 A6/7 C/R

25 MAR / 1130-1230 / Bldg 571 Rm #4

To keep up in today’s busy world, people are becoming master multi-taskers. But how do we keep up with our daily nutritional needs? This class will take you back to basics with the 5 food groups and everyday nutrition tips to help you eat well & maintain good health with your active life.

BOD POD measurements are available every Monday from 0730-1530. The Civilian BOD POD machine is located at Bldg 571(B) Wright Field Fitness Center, Room #146 (across from CHPS office).



Lighten Up!

Weight Management Series

More than a weight loss program – Lighten Up! is about changing your lifestyle! This 8-week program offers: convenient locations, encouragement & ideas from the group, confidential weekly weigh-in, weekly goal and recipe, comprehensive program involving nutrition, exercise, and behavior

modification. CHPS will help to encourage you to increase healthy lifestyle behaviors. We will assist in helping you set attainable goals, provide a supportive environment, and work to keep your motivation high to achieve success. Lighten Up! Is more than losing inches and pounds – it’s about living a healthier life.

Space is limited so register for an upcoming session today! Classes are offered from 1130-1230 with weigh-ins available starting at 1100.

- **WED starting 09 JAN, Bldg 262 Rm #C113 Barnhart C/R**
- **THURS starting 07 FEB, Bldg 50 Rm #13**
- **FRI starting 01 MAR, Bldg 571 Rm #4**
- **TUES starting 05 MAR, Bldg 2 Rm #262**

New Year Resolution – Focus on YOU!

Let’s work on you this year! We tend to focus heavily on nutrition or exercise goals for the new year, but there is a bigger picture. CHPS can help you get on the right track today, so you can have a healthier future tomorrow. Join us by participating in our “Focus on You” series this quarter to renew your self- commitment in taking better care of yourself. We will be offering 10 topics to help you towards a healthier version of you. An incentive award will be earned by those able to complete a minimum of 5 class sessions.

JAN 2013 – What is Health, Self-Care 101, Oral Health & Wellness, Back Care

FEB 2013 – Sleep to Better Health, Walk to Better Health, Headaches

MAR 2013 – Arthritis, Asthma, Allergies



JANUARY
HEALTH FOCUS
 – Working
 towards a healthy
 weight and setting
 realistic goals

Resolution Solution

07 JAN / 1130-1230 / Bldg 571 Rm #4

11 JAN / 1130-1230 / Bldg 262 #C113 Barnhart C/R

28 JAN / 1130-1230 / Bldg 10 Rm #228 Morris C/R

A resolve to live a healthier lifestyle is easy to make yet difficult to keep. Whether it is losing weight, quitting smoking, or finishing that degree, we make monumental to-do lists and then get overwhelmed by the challenge. This class will focus on goal setting, our resistance to change and how to achieve your resolutions this year.

What is Health?

08 JAN / 1130-1230 / Bldg 10 Rm #228 Morris C/R

18 JAN / 1-2pm / Bldg 571 Rm #4

24 JAN / 1130-1230 / Bldg 2 Rm #262

31 JAN / 1130-1230 / Bldg 50 Rm #13

Learn about the four dimensions of wellness (spiritual, emotional, social, and physical). This class focuses on how to avoid and combat barriers to

good health, as well as new ways of achieving your own personal optimal health. Because after all - no one knows more about you than you!

Back Care

10 JAN / 1130-1230 / Bldg 50 Rm #13

29 JAN / 1130-1230 / Bldg 10 Rm #228 Morris C/R

Back pain is the 2nd most common neurological ailment in the U.S next to headaches. It is also one of our most common health concerns, costing billions of dollars annually. Attend this topic to learn about common types of back pain, how it can be treated, and tips to prevent future problems.

Fad Diets

14 JAN / 1130-1230 / Bldg 571 Rm #4

The list of diets grows longer each year as the newest and latest shows up on the scene. Typically, these lead people to become yo-yo dieters, constantly changing a quick fix without any lifelong health changes. This class will help you identify a fad diet and plan some healthy eating habits for the new year.

Self-Care 101

15 JAN / 1130-1230 / Bldg 10 Rm #228 Morris C/R

24 JAN / 1130-1230 / Bldg 50 Rm #13

Self Care 101 is a class on personal health maintenance with the intention of improving or restoring health and treating or preventing disease. CHPS hopes to help explain the importance of self care; monetarily, emotionally and physically.

Oral Health & Wellness

17 JAN / 1130-1230 / Bldg 50 Rm #13

22 JAN / 1130-1230 / Bldg 10 Rm #228 Morris C/R

28 JAN / 3-4pm / Bldg 571 Rm #4

Did you know that having healthy teeth and gums can keep your heart healthy? This CHPS class will discuss the key points to good oral health and how it relates to wellness. Common oral diseases and prevention tips will also be discussed.



**FEBRUARY
HEALTH
FOCUS
– Heart Health**

Keep watching for advertisements for an AFMC Pedometer Challenge offered this month

Stroke Prevention

01 FEB / 1130-1230 / Bldg 571 Rm #4

05 FEB / 1130-1230 / Bldg 2 Rm #262

20 FEB / 1130-1230 / Bldg 266 Rm #N132 A6/7 C/R

Did you know that 80% of the strokes occurring could be prevented? The American Heart Association states that about 705,000 people in the U.S. suffer each year from a new or repeated stroke. Come discover stroke myths and realities, identify signs and symptoms, and how you can prevent one from happening to you.

Cholesterol Education

08 FEB / 1130-1230 / Bldg 571 Rm #4

19 FEB / 1130-1230 / Bldg 10 Rm #228

Approximately one in every six adults has high blood cholesterol according to the Centers for Disease Control. High cholesterol greatly increases the risk for heart disease, which is the leading cause of death in the United States. Come find out what high cholesterol is and what you can do to improve or control your numbers.

Sleep Your Way to Better Health

04 FEB / 3-4pm / Bldg 571 Rm #4

12 FEB / 1130-1230 / Bldg 10 Rm #228 Morris C/R

Research reveals that a number of vital tasks carried out during sleep help us maintain good health and enable us to function at our best. We need sleep to think clearly, react quickly, and create memories. A lack of sleep may even cause mood problems. Did you know that chronic lack of sleep can increase our risk for gaining weight and a laundry list of other conditions? Join CHPS and learn how to get your best night of sleep, every night.

Walk Your Way to Better Health

13 FEB / 1130-1230 / Bldg 262 Rm #B104 Buckeye C/R

25 FEB / 1130-1230 / Bldg 571 Rm #4

26 FEB / 1130-1230 / Bldg 2 Rm #262

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, and it's good for your overall feeling of wellbeing! There are lots of benefits of regular walking. This class teaches techniques, equipment, and setting goals for a healthy walk.

High Blood Pressure

06 FEB / 1130-1230 / Bldg 262 Rm #B104 Buckeye C/R

22 FEB / 1130-1230 / Bldg 571 Rm #4

According to the CDC, about 1 in 3 U.S. adults has high blood pressure, or hypertension. It is a major risk factor for stroke, the third leading cause of death in the U.S. Come learn about the risks, treatments and preventions of hypertension. *Have your pressure checked before and/or after class.*

Headaches

11 FEB / 3-4pm / Bldg 571 Rm #4

27 FEB / 1130-1230 / Bldg 266 Rm #N132 A6/7 C/R

Headaches are one of the most common pain complaints, ranging from minor annoyances to severe migraines. This pain makes it difficult for us to focus and affects our mood. This class will cover different types, treatment and prevention of headaches.



**MARCH HEALTH
FOCUS
– National Nutrition
Month**

FIT FEST at Wright Field Fitness Center

01 MAR 2013 / 1030-1300

Allergies

01 MAR / 3-4pm / Bldg 571 Rm #4

06 MAR / 1130-1230 / Bldg 262 Rm #C113 Barnhart C/R

The Asthma & Allergy Foundation of America ranks Dayton, OH, #10 on their 2012 Spring Allergy Capitals list. An estimated 50 million Americans suffer from all types of allergies with symptoms ranging from mild to life threatening or even death. This class will define allergies, when to see your physician, and prevention/treatment of allergies.

Fad Diets: The Good, The Fad & The Ugly

04 MAR / 1130-1230 / Bldg 571 Rm #4

13 MAR / 1130-1230 / Bldg 262 Rm #C113 Barnhart C/R

28 MAR / 1130-1230 / Bldg 50 Rm #20

The list of fad diets grows longer each year as the newest and latest shows up on the scene. Typically, these lead people to become yo-yo dieters, constantly changing into a quick fix without any lifelong health changes. This class will help you identify fad diets and plan some healthy eating habits for the new year. Since most fad diets cut out entire food groups, we will also take a step back to discuss the basic food groups.

Asthma

05 MAR / 1130-1230 / Bldg 10 Rm #228 Morris C/R

15 MAR / 3-4pm / Bldg 571 Rm #4

Asthma affects the air passages in the lungs. Lots of things can trigger an episode or attack, and those attacks can range from mild to life-threatening. In this class, we'll discuss the causes of asthma, the different treatments and the prevention of asthma.

Arthritis

08 MAR / 3-4pm / Bldg 571 Rm #4

19 MAR / 1130-1230 / Bldg 10 Rm #228 Morris C/R

Arthritis is a disabling and occasionally crippling disease. It afflicts almost 40 million Americans and is the leading cause of disability in people 15 years of age and older. Arthritis can result in a loss of mobility and independence, but early diagnosis and proper medical care can help significantly. In this class, we will discuss the management and treatment of arthritis.

Nutrition Labels

11 MAR / 1130-1230 / Bldg 571 Rm #4

Did you know there are 5 major parts of the food label? They are the serving size, calories per serving, nutrients to limit, nutrients to get enough of, and the footnote. This class breaks each category down, and tells you what to look for in order to be more aware of what you put in your body.

Mindful Eating

12 MAR / 1130-1230 / Bldg 10 Rm #228 Morris C/R

18 MAR / 1130-1230 / Bldg 571 Rm #4

How many food choices have you made today? Learn how to change your ways from mindless eating to MINDFUL eating. This class will help you recognize hunger and fullness, how to make healthy choices for successful weight loss, and tips to eat more mindfully in any situation.

Healthy Eating: Busy World

20 MAR / 1130-1230 / Bldg 262 Rm #C113 Barnhart C/R

Trying to find time for school, work, practice and family has most Americans looking for mealtime shortcuts that are often unhealthy. Eating with balance, variety and moderation is frequently overlooked on our list of priorities. This class offers guidelines and tips to help you on your way to healthy eating in a busy world.

CARDIAC RISK PROFILE & BLOOD PRESSURE SCREENINGS

Remember, all DoD Civilians can have a cardiac risk profile (cholesterol, blood sugar, blood pressure, body mass index) completed once per fiscal year. Please fast 8-12 hours and drink 8 ounces of water before screening. If we haven't been to your office location, please call us to schedule this **FREE SERVICE** today. **Blood Pressure readings are available at all screenings for all individuals.**

JAN 2013

Every Monday and Friday / 0700-1600 / CHPS Office

02 JAN / 0700-1300 / Wright Field Fitness Center Lobby

03 JAN / 0700-1600 / CHPS Office

03 JAN / 1100-1300 / Wright Field Fitness Center Lobby **BP ONLY*

04 JAN / 1100-1300 / Wright Field Fitness Center Lobby **BP ONLY*

08 JAN / 1100-1300 / Jarvis Gym Lobby

09 JAN / 0800-1100 / Bldg 262 Food Court

10 JAN / 0800-1030 / Bldg 600 Global Hawk C/R

11 JAN / 1100-1300 / Dodge Gym Lobby

15 JAN / 0800-1100 / Bldg 2 Rm #262

16 JAN / 0800-1000 / Bldg 262 #C113 Barnhart C/R

17 JAN / 0800-1100 / Bldg 16 Food Court

22 JAN / 0700-1600 / CHPS Office

23 JAN / 1100-1300 / Bldg 262 Food Court

24 JAN / 0900-1030 / Bldg 262 #N026

29 JAN / 0800-1000 / Bldg 10 Rm #228 Morris C/R

30 JAN / 0800-1100 / Bldg 642 AFIT Kenney Hall Lobby

31 JAN / 0800-1000 / Bldg 12 Rotunda

FEB 2013

Every Monday and Friday / 0700-1000 / CHPS Office

05 FEB / 0800-1100 / Bldg 2 Rm #262

06 FEB / 0800-1030 / Bldg 18 Rm #TBD

08 FEB / 1100-1300 / Dodge Gym Lobby

11 FEB / 1100-1300 / Jarvis Gym Lobby

13 FEB / 0800-1100 / Bldg 262 Food Court

14 FEB / 0800-1000 / Bldg 50 C/R

21 FEB / 0800-1100 / Bldg 16 Food Court

27 FEB / 1100-1300 / Bldg 262 Food Court

MAR 2013

Every Monday and Friday / 0700-1000 / CHPS Office

01 MAR / 0700-1300 / Wright Field Fitness Center Lobby

06 MAR / 0800-1030 / Bldg 653 Cafetorium

13 MAR / 0800-1100 / Bldg 262 Food Court

19 MAR / 0700-1000 / Dodge Gym Lobby

21 MAR / 1100-1300 / Bldg 16 Food Court **BP ONLY*

27 MAR / 0800-1600 / Total Woman's Expo @ Hope Hotel

27 MAR / 1100-1300 / Bldg 262 Food Court **BP ONLY*

Please contact Civilian Health Promotion Services if you would like any of these screenings and/or classes offered at your work location.

Katie Doyle, MS, CWWS
Health Promotion Coordinator
937-904-9673
Katie.doyle.ctr@wpafb.af.mil